



Grilled Garden Sandwich

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



336 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp heinz balsamic vinegar
- 8 oz bread baguette split french
- 4 big colby jack cheese kraft
- 1 Tbsp thyme leaves fresh
- 1 head garlic
- 3 Tbsp real mayo mayonnaise kraft
- 2 Tbsp olive oil divided
- 2 portobello mushroom caps cut in half (4 inch)

- 1 onion red 1-inch-thick cut into slices
- 1 small zucchini and squash yellow ends trimmed cut into 3 lengthwise slices

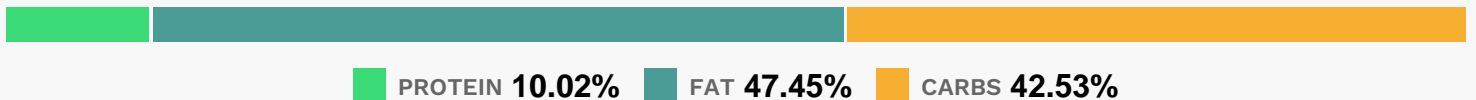
Equipment

- bowl
- grill
- aluminum foil

Directions

- Heat grill to medium heat.
- Cut thin slice off top of garlic; discard.
- Place garlic, cut-side up, on sheet of foil; drizzle with 1 Tbsp. oil. Wrap in foil. Grill 15 min. or until tender. Carefully squeeze garlic cloves into small bowl.
- Add mayo and thyme; mix well.
- Toss vegetables with vinegar; grill 5 to 7 min. or until tender, turning frequently.
- Spread cut sides of baguette with mayo mixture; fill with vegetables and cheese.
- Brush outside of sandwich with remaining oil.
- Place on grill grate; top with grill press. Grill 4 to 5 min. on each side or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:68.92, Glycemic Load:16.57, Inflammation Score:-9, Nutrition Score:15.006521740685%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg

Nutrients (% of daily need)

Calories: 336.05kcal (16.8%), Fat: 17.96g (27.64%), Saturated Fat: 2.85g (17.81%), Carbohydrates: 36.24g (12.08%), Net Carbohydrates: 32.27g (11.73%), Sugar: 7.53g (8.37%), Cholesterol: 5.3mg (1.77%), Sodium: 350.52mg (15.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.53g (17.06%), Manganese: 0.95mg (47.55%), Selenium: 25.71µg (36.74%), Vitamin B3: 5.3mg (26.52%), Vitamin K: 25.39µg (24.18%), Vitamin B1: 0.3mg (19.98%), Folate: 73.95µg (18.49%), Iron: 2.89mg (16.05%), Fiber: 3.97g (15.87%), Phosphorus: 158.52mg (15.85%), Vitamin C: 12.41mg (15.05%), Vitamin B6: 0.3mg (15.03%), Vitamin B2: 0.25mg (14.96%), Copper: 0.27mg (13.28%), Potassium: 401.07mg (11.46%), Calcium: 112.84mg (11.28%), Vitamin B5: 1.1mg (11.07%), Vitamin E: 1.51mg (10.09%), Magnesium: 37.18mg (9.3%), Zinc: 1.12mg (7.46%), Vitamin A: 161.12IU (3.22%), Vitamin D: 0.15µg (1.02%)